

VEGGIE HOAGIE WITH SUNSHINE HUMMUS

A bean and sun-dried tomato spread brings great flavor and texture to this colorful sandwich, which features zucchini, yellow squash and red pepper.

ONE PORTION PROVIDES:

½ cup other vegetable, 1/8 cup red/orange vegetable, 1 oz. eq. meat/meat alternative, 2 oz. eq. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Hummus, sun-dried tomato</i>		
Tomatoes, sun-dried, dry	1 pound	1. Rehydrate sun-dried tomatoes with hot water until soft and pliable. Drain excess water
Water	3 cups	
Garlic, raw, peeled, chopped	1 cup	2. Using a food processor, process garlic, salt, lemon juice, tahini, and rehydrated sun-dried tomatoes until smooth. Stop to scrape down the sides of the bowl regularly.
Salt, kosher	1 tablespoon	
Lemon juice	2 ¼ cups	
Tahini (sesame seed paste)	1 ½ pound	
Beans, garbanzo, canned	2 ¼ # 10 cans, plus 2 cups	3. Add the chickpeas and process until smooth
Canola/olive oil blend	1 cup	4. While the processor is running, slowly stream the oil into the hummus until smooth and creamy. Cold Hold: Hold at ≤ 40.00 °F

<i>Zucchini, roasted, sliced lengthwise</i>		
Squash, summer, zucchini, includes skin, raw	10 pounds	5. Wash and trim zucchini. 6. Slice zucchini lengthwise into long strips
Canola/olive oil blend	½ cup	7. In a large mixing bowl, toss the zucchini with oil, red pepper flakes, and salt. Mix thoroughly 8. Lay out on paper lined sheet pans and roast at 350°F. for approximately 12-15 minutes. The zucchini should be crisp tender and slightly brown on the edges. CCP-Minimum internal temperature should be 140°F. or above. CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.
Red pepper, crushed, spice	1/8 teaspoon	
Salt, kosher	1 tablespoon	
<i>Yellow squash, roasted, sliced lengthwise</i>		
Squash, summer, yellow	10 pounds	9. Wash and trim squash. Cut squash into ¼-inch moons.
Canola/olive oil blend	½ cup	10. In a large mixing bowl, toss squash with oil, red pepper flakes, and salt. 11. Spread squash on parchment-lined sheet trays in a single layer. Do not overcrowd the trays. Roast in 350°F convection oven with fan on high for 10 minutes. 12. Remove from oven. CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.
Salt, kosher	1 tablespoon	
Red pepper, crushed	1/8 teaspoon	
<i>Red bell pepper, roasted, diced 1/2-inch</i>		
Peppers, red, sweet (bell), 1/4-inch diced	5 ¼ pounds	13. Toss the peppers with oil and salt. 14. Lay out on paper lined sheet pans and roast at 375 degrees F. for 7-9 minutes. The peppers should be crisp tender and slightly brown on the edges. CCP-Minimum internal temperature should be 140°F. or above. CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.
Canola/olive oil blend	½ cup	
Salt, kosher	1 tablespoon	
Sub roll, regular, side slice, whole grain	100 rolls	15. To assemble hoagie:

		<ul style="list-style-type: none"> • Spread 3 Tbsp of hummus on each side of the sub roll (top and bottom). • Lay 1 1/2 oz (3 slices each) zucchini strips and yellow squash on the bottom side. • Sprinkle with 1 oz (2 Tablespoons) red bell pepper dice. • Close roll and serve immediately. <p>Cold Hold: Hold at <= 40.00 °F</p>
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SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	50 Pounds, 1/2 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	470	Total Fat (gm)	19.5	Vitamin A (IU)	564	Iron (mg)	2.5
Protein (gm)	12	Saturated Fat (gm)	2.5	Vitamin C (mg)	27	Sodium (mg)	1182
Carbohydrate (gm)	63	Cholesterol (mg)	0	Calcium (mg)	35	Dietary Fiber (gm)	8